

5 Dimensions of Curiosity (5DC) (Revised 2020)

Below are statements people often use to describe themselves. Please use the scale below to indicate the degree to which these statements accurately describe you. There are no right or wrong answers.

Print this assessment and discuss each dimension with your coach.

Scoring instructions:

Find the average for each dimension.

(Reverse score the items for Stress Tolerance i.e. 1 = completely describes me -> 7 = not describe me at all).

| Scoring Scale |
|---------------------------------|
| 1 – Does not describe me at all |
| 2 – Barely describes me |
| 3 – Somewhat describes me |
| 4 – Neutral |
| 5 – Generally describes me |
| 6 – Mostly describes me |
| 7 – Completely describes me |

| Dimension | Total Mark | Average (Total = /7) |
|--------------------------------------|------------|----------------------|
| Joyful Exploration | | |
| Deprivation Sensitivity | | |
| Stress Tolerance (negatively scored) | | |
| Thrill Seeking | | |
| Social Curiosity - Overt | | |
| Social Curiosity - Covert | | |

Source:

Kashdan, T.B., Disabato, D., Goodman, and F.G., McKnight. The Five-Dimensional Curiosity Scale Revised (5DCR): Briefer subscales while separating overt and covert social curiosity. *Personality and Individual Difference* (2020), 157 109836.

| Dimension | Statement | Score |
|---|--|-------|
| Joyful Exploration | 1. I view challenging situations as an opportunity to grow and learn. | |
| | 2. I seek out situations where it is likely that I will have to think in depth about something. | |
| | 3. I enjoy learning about subjects that are unfamiliar to me. | |
| | 4. I find it fascinating to learn new information. | |
| | Joyful Total Mark (total score / 4) | |
| Deprivation Sensitivity | 5. Thinking about solutions to difficult conceptual problems can keep me awake at night. | |
| | 6. I can spend hours on a single problem because I just can't rest without knowing the answer. | |
| | 7. I feel frustrated if I can't figure out the solution to a problem, so I work even harder to solve it. | |
| | 8. I work relentlessly at problems that I feel must be solved. | |
| | Deprivation Total Mark (total score / 4) | |
| Stress Tolerance (reverse-score section) 1 = completely describes me 7 = does not describe me at all | 9. <i>The smallest doubt can stop me from seeking out new experiences.</i> | |
| | 10. <i>I cannot handle the stress that comes from entering uncertain situations</i> | |
| | 11. <i>I find it hard to explore new places when I lack confidence in my abilities.</i> | |
| | 12. <i>It is difficult to concentrate when there is a possibility that I will be taken by surprise.</i> | |
| | Stress Total Mark (total score / 4) | |
| Thrill Seeking | 13. Risk-taking is exciting to me. | |
| | 14. When I have free time, I want to do things that are a little scary. | |
| | 15. Creating an adventure as I go is much more appealing than a planned adventure. | |
| | 16. I prefer friends who are excitingly unpredictable. | |
| | Thrill Seeking Total Mark (total score / 4) | |

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| | | |
|----------------------------------|--|--|
| Social Curiosity - Overt | Overt Social Curiosity | |
| | 17. I ask a lot of questions to figure out what interests other people. | |
| | 18. When talking to someone who is excited, I am curious to find out why. | |
| | 19. When talking to someone, I try to discover interesting details about them. | |
| | 20. I like finding out why people behave the way they do. | |
| | Social Curiosity - Overt Total Mark (total score / 4) | |
| Social Curiosity - Covert | Covert Social Curiosity | |
| | 21. When other people are having a conversation, I like to find out what it's about. | |
| | 22. When around other people, I like listening to their conversations. | |
| | 23. When people quarrel, I like to know what's going on. | |
| | 24. I seek out information about the private lives of people in my life. | |
| | Social Curiosity - Covert Total Mark (total score / 4) | |

Observations and Thoughts:
